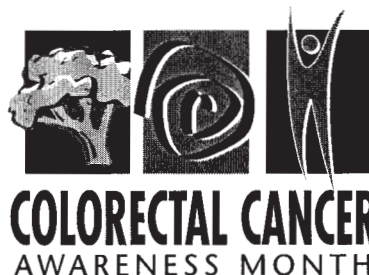


# WHAT YOU NEED TO KNOW ABOUT COLORECTAL CANCER

- Colorectal cancer is highly preventable, treatable and often curable.
- Colorectal cancer affects men and women equally — nearly 147,000 people were diagnosed with the disease in 2003.
- Regular exercise and a low-fat diet high in vegetables and fruits can help reduce your risk of colorectal cancer by helping you maintain a healthy weight.
- Regular screening tests may detect precancerous polyps (grape-like growths on the lining of the colon and rectum). Removing these can prevent cancer from developing.
- Screening tests can also help detect colorectal cancer in its earliest most curable stages.
- When detected and treated early, the five-year survival rate for colorectal cancer is over 90 percent.
- Starting at age 50, men and women who are at average risk should be screened regularly for colorectal cancer. Men and women who are at high risk of the disease may need to be tested earlier and should talk to their health care professional about when. Screening tests are not painful and are often covered by Medicare and many health insurers.

*March is National Colorectal Cancer Awareness Month, founded by the Cancer Research and Prevention Foundation in collaboration with many partner organizations. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Talk with your health care professional about colorectal cancer today.*



*Preventable. Treatable. Beatable!*  
*Founded by the Cancer Research and Prevention Foundation*

**To learn more, visit our Web site at [www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)**